



2024 WORKSHOP GUIDE

*A summary guide to the workshops offered at
the 2024 CMHACY Annual Conference*

Please note that the full conference schedule – with dates, times, and room assignments – will be posted to the website and emailed to the CMHACY email list as soon as it is finalized.

Conference attendees can access a more detailed schedule via the conference app (hosted via Guidebook) which will include speaker information, resources, and any workshop slides that the presenters choose to share.

The app will be accessible approximately 1-2 weeks prior to the conference.



Session Title: PersonBrain Model

Length + Type: 90 Minute Workshop

Presenting Organization: San Joaquin County Office of Education

Session Abstract: The PersonBrain Model is a powerful, trauma-informed care training that provides positive behavior support skills to help those working with youth, specifically challenging youth, understand the lived experiences that they may have faced affect their behavior. This multi-theoretical model is a great asset that can be added to your current practices by teaching you therapeutic skills that are helpful within any setting in which young people, especially those who have traumatic or troubled histories, are being served.

General Category: Education - K-12

Level of Learning - Introductory: Content suitable for general audience of attendees regardless of experience with the topic.



Session Title: Wellness Maintenance for TAY (Transition Age Youth) Professionals: Strategies for Self Awareness, Advocacy, and Compassion.

Length + Type: 60 Minute Workshop

Presenting Organization: Peers Envisioning and Engaging in Recovery Services (PEERS)

Session Abstract: We often hear the saying you can't pour from an empty cup, but what exactly does this mean? As TAY (transition-age youth) Peer Supporters, we advocate for and create supportive spaces for the communities that we serve while we go through our own critical transitions and navigate the complexities of adulthood. How can we effectively take care of ourselves and avoid burnout while addressing issues of equitable access, disparities, and injustice? The continued quality and effectiveness of our work requires energy, passion, and the ability to walk our talk. This session will provide attendees strategies and skills to maintain wellness as TAY Peer Supporters & Professionals, as well as renew perspective to energize attendees in ensuring our work is rooted in communal empowerment of all, including ourselves.

General Category: Peer/Youth Lived Experience

Level of Learning - Introductory: Content suitable for general audience of attendees regardless of experience with the topic.



Session Title: Firm Foundations: Supporting Early Educators with Mental Health and Behavioral Practices

Length + Type: 90 Minute Roundtable/Panel

Presenting Organization(s): Tehama County Department of Education, Tehama County State Preschools

Session Abstract: Learn how one county is collaborating to meet a growing need for early intervention surrounding mental health and behavior support. How did they connect the need with the appropriate provider? What impact is it having in the classroom? Why is this vital for a comprehensive continuum of care? Where is the funding coming from? Join us to learn all about this and more as we share with you our story of implementing this program and where we hope to take it. We look forward to hosting this panel-style presentation and talking with you about ideas you have for your community.

General Category: Early Education - 0-5

Level of Learning - Intermediate: Session presents more in-depth content and information. Suitable for those with some experience with the topic.



Session Title: Legislative Advocacy 101: Transforming Ideas Into Laws for Children and Families

Length + Type: 60 Minute Workshop

Presenting Organization: Equity Centered Consulting

Session Abstract: Have you ever had an idea for a bill or a law to improve the lives of children and families? Join our "Legislative Advocacy 101" Workshop to gain vital legislative advocacy skills. This session, led by policy expert John Drebing, empowers you to turn ideas into laws that improve children and families' lives. Learn to navigate California's legislative calendar and procedures, find legislators for bill proposals, and work with advocacy organizations for greater impact. We'll cover strategies for supporting beneficial legislation and tactfully opposing harmful bills. Gain essential skills for meaningful change in children's mental health policy.

General Category: Advocacy/Policy

Level of Learning - Introductory: Content suitable for general audience of attendees regardless of experience with the topic.



Session Title: Facilitating the Narratives of Children, Adolescents & Families: Meaningful Practices for Relational Bridging and Healing

Length + Type: 90 Minute Workshop

Presenting Organization: JFK School of Psychology of NU

Session Abstract: Culturally diverse child, adolescent, family and community narratives offer a powerful opportunity for early and experienced healers, advocates, teachers and leaders to examine different perspectives framing the contexts of our clients' lives. Utilizing recent and extraordinary narratives and stories will serve as a starting point for focused dialogue about how cultural and professional discourses frame our assessment of social justice and traumatic situations in intercultural contexts. As a professor of psychology, private practitioner and consultant, the presenter teaches child and family narratives centered on diversity and social justice in his graduate courses, teaching, training and practice.

The context of current times has increased conflict and fractures among diverse families in their communities. Relational bridging and recommitting to social justice has become even more necessary for families and multicultural communities. To counter some disturbing current national discourses, the presenter uses a variety of family pieces that speak to the impact of injustices on undocumented families, gay couples, immigrant families with unresolved loss, racial bias used by police, etc. while also engaging students of child and family therapy and audiences in critical thinking and dialogue. An effective framework for use of narratives portraying a diversity of families will be interactively presented and discussed among participants.

General Category: Multipurpose

Level of Learning - Intermediate: Session presents more in-depth content and information. Suitable for those with some experience with the topic.



Session Title: Strategies for Supporting Mental Health Needs in Early Education

Length + Type: 90 Minute Workshop

Presenting Organization: Sonoma County & Charter SELPA Sonoma County & Charter Special Education Local Plan Area (SELPA)

Session Abstract: The CA Teaching Pyramid framework emphasizes strong relationships, support for social and emotional competence, and prevention of challenging behavior; this framework is applicable for infants through early elementary-age children. In this overview of the Pyramid framework, we will discuss how it has been implemented in our county by developing partnerships across multiple agencies to build common language around evidence-based practices. The Pyramid is aligned with CDE's Preschool Curriculum Framework and Common Core State Standards, with a foundation built from Positive Behavior Interventions and Support (PBIS). We will discuss the training series and necessary components of implementation with fidelity.

General Category: Early Education - 0-5

Level of Learning - Introductory: Content suitable for general audience of attendees regardless of experience with the topic.



Session Title: Experience the Lived Experience

Length + Type: 90 Minute Workshop

Presenting Organization: Through the Looking Glass

Session Abstract: In this interactive workshop, experience the weight a Parent/ Care Provider/ Family Member carries to support a youth/teen/adult with mental health, medical, disability, and/or substance use challenges. Discuss the additional factors of navigation and linkage to supports and resources; education around language; medication; insurance; providers coming into homes; and organization of appointments.

Other discussion topics will center on risks from isolation from activities; hobbies; friends and family, including spouses; fear; anxiety; and the reality, so many new people yet so few constant people. To round out the session, learn how to build a foundation of worth, confidence, passion, community, and identity.

General Category: Peer/Parent Lived Experience

Level of Learning - Intermediate: Session presents more in-depth content and information. Suitable for those with some experience with the topic.



Session Title: Illuminating The Dark Shadows Of Cyber-Aggression

Length + Type: 60 Minute Workshop

Presenting Organization: Newport Healthcare, Newport Academy

Session Abstract: Cyber-aggression has emerged as an increasingly nefarious online behavior, believed to be correlated to a significant rise in depression, anxiety, and self-harm among adolescents. Alarming statistics surrounding cyberbullying are globally consistent, with marginalized populations seeming especially vulnerable. Posited to have become more post-pandemic prolific, professionals, legislators, health agencies, clinicians, practitioners, educators, parents, and even children and youth believe cyber-aggression to pose a serious threat to adolescent mental health and safety. In this workshop, a globally recognized cyber-aggression expert will explore this significantly dangerous digital phenomenon and offer strategies and skills of how to identify, assess, approach, and reconcile cyber-aggressive events.

General Category: Multipurpose

Level of Learning - Introductory: Content suitable for general audience of attendees regardless of experience with the topic.



Session Title: Serving LGBTQ+ Youth in Foster Care: The Youth Acceptance Project

Length + Type: 90 Minute Workshop

Presenting Organization: Family Builders

Session Abstract: This presentation will first outline genders and sexual orientations that exist beyond the binary. Participants will gain an understanding of the multitude of different identities and sexual orientations youth they serve may identify with. This plenary will also discuss how LGBTQ+ youth are significantly more at risk for suicide, homelessness and becoming commercially sexually exploited. With 34% of children in the US child welfare system identifying as LGBTQ+, it is of utmost importance to meet the specific needs of this population. Current clinical research suggests that there are patterns in the way that both initially accepting, and initially non-accepting, families move to places of greater acceptance and affirmation of their children. The presentation will also introduce the Youth Acceptance Project, an intervention designed to support the families of LGBTQ+ children when they struggle to accept their children's sexual orientation, gender identity or expression (SOGIE). Participants will have the opportunity to engage in meaningful conversations around how to engage youth around their SOGIE, as well as outline ways to support families with LGBTQ+ youth.

General Category: CBO

Level of Learning - Intermediate: Session presents more in-depth content and information. Suitable for those with some experience with the topic.



Session Title: Understanding First Generation Latinx Americans and Their Mental Health

Length + Type: 90 Minute Workshop

Presenting Organization: Redwood Community Services

Session Abstract: This training will educate attendees on how first-generation Latinx Americans have to navigate through different cultures, and how this can increase the risk of mental health issues. Attendees will learn how to better understand and serve their first-generation Latinx American clients by discussing challenges that may arise, traditions, and both cultural and generational trauma that first generation Latinx Americans face.

General Category: DEI/J

Level of Learning - Introductory: Content suitable for general audience of attendees regardless of experience with the topic.



Session Title: Cultivating Resilience Through Mentorship: Creative Approaches to Diversity, Equity & Inclusion

Length + Type: 90 Minute Workshop

Presenting Organization: Stanford Sierra Youth & Families

Session Abstract: Stanford Sierra Youth & Families' Wonder Mentoring Program matches youth impacted by foster care, one-to-one, with caring, consistent adults. Wonder uses a transformative approach to cultivating resilience and increasing the protective factors for youth in care. Focused on improving the emotional and social wellbeing of children impacted by the child welfare system, the program emphasizes team-based collaboration and cultural respect. Join in an exploration of the approaches used to diversify the availability of culturally responsive support available to youth. Learn strategies and best practices to embed a Diversity, Equity and Inclusion and lived experience lens for a supportive process and better outcomes for youth and families.

General Category: DEI/J

Level of Learning - Intermediate: Session presents more in-depth content and information. Suitable for those with some experience with the topic.



Session Title: Lifting the Blanket: Transforming Substance Dependency & Healing for TAY

Length + Type: 90 Minute Workshop

Presenting Organization: Humboldt County Transition-Age Youth Collaboration

Session Abstract: Developed by youth who have been impacted by substance dependency, this workshop will embolden participants to move from a safety/liability framework to one of healing and harm reduction. Participants will gain knowledge/inspiration to update their language and practices with young people who may be struggling with substance dependency and need healing. We will introduce a model that is youth-led and empowerment-focused, leveraging fables, digital storytelling, and artistic interpretation to address focuses such as: navigating limited resources appropriately; supporting youth to develop their own goals for healing; and assessing interventions based on youth's specific needs rather than available resources.

General Category: Peer/Youth Lived Experience

Level of Learning - Introductory: Content suitable for general audience of attendees regardless of experience with the topic.



Session Title: Youth Mental Health Development Academy

Length + Type: 60 Minute Workshop

Presenting Organization: San Joaquin County Office of Education, Ripon High School, West High School, Lincoln High School, Weber Institute of Applied Sciences & Technology High School, Bear Creek High School, Venture Academy Family of Schools, Stagg High School

Session Abstract: The Youth Mental Health Development Academy (YMHDA) is a peer leadership program that provides training around mental health, suicide prevention, human trafficking, substance abuse, school violence, and social media. Students will be trained by experts and then present to peers and younger students regarding:

- how to cultivate a better understanding of mental health topics
- how to change the language and narrative around mental health
- help change the stigmas that surround mental health, most especially within youth and young adults

General Category: Peer/Youth Lived Experience

Level of Learning - Introductory: Content suitable for general audience of attendees regardless of experience with the topic.



Session Title: Full Circle Health Network: Lifting All Boats While Navigating Managed Care

Length + Type: 90 Minute Workshop

Presenting Organization: Full Circle Health Network

Session Abstract: Full Circle Health Network is an integrated network of California nonprofit providers delivering coordinated, community-based services to vulnerable children, individuals, and families across California. In this session, participants will learn how centralizing critical infrastructure through a single network management organization helps diverse CBOs participate in managed care plan networks, which increasingly are being tasked with organizing the delivery system for multi-system-involved children and families.

General Category: Multipurpose

Level of Learning - Intermediate: Session presents more in-depth content and information. Suitable for those with some experience with the topic.



Session Title: Advocating for Foster Youth with Mental Health and Developmental Needs

Length + Type: 90 Minute Workshop

Presenting Organization: Children's Law Center of California

Session Abstract: Children in the Dependency system frequently participate in mental health services and are statistically more likely to have developmental disabilities and delays than youth who are not court-involved. Learn about the Dependency system and how it interacts with the mental health and Regional Center systems. Discover best practices for how mental health professionals can collaborate with children's attorneys to achieve best outcomes for youth with complex needs.

General Category: Advocacy/Policy

Level of Learning - Introductory: Content suitable for general audience of attendees regardless of experience with the topic.



Session Title: The Use of Sensory Supports to Increase Regulation

Length + Type: 90 Minute Workshop

Presenting Organization: San Mateo County Behavioral Health & Recovery Services/Pre to 3 Program Pre to Three Program

Session Abstract: In this workshop, we will be focusing on how the use of sensory strategies, identification of sensory preferences, and caregiver education supports the improvement of self-regulation. Using the Unyte FOCUS system (an integrated, multi-sensory listening system), we will review the utilization of sensory strategies in conjunction with movement & relational activities to strengthen the brain-body neuro-connections that support a child's self-regulation and co-regulation with caregivers. We will provide case examples along with interventions on how to support children and families within the mental health and child welfare systems.

General Category: Early Education - 0-5

Level of Learning - Intermediate: Session presents more in-depth content and information. Suitable for those with some experience with the topic.



Session Title: Strengthening Families Five Protective Factors™ Acknowledging Families Strengths and Leadership

Length + Type: 90 Minute Workshop

Presenting Organization: Alameda County Behavioral Health

Session Abstract: This workshop offers an introduction to the Strengthening Families Protective Factors Framework with concrete examples from parents on how these protective factors enhance their day-to-day lives with their children. Hear directly from parents how this research-informed approach strengthened their families and the best ways to incorporate these factors within your programs as well as your engagement with the families you serve. In this training, we'll examine the five Protective Factors:

- Parental Resilience
- Social Connections
- Knowledge of Parenting and Child Development
- Concrete Support in Times of Need
- Social and Emotional Competence of Children

General Category: Peer/Parent Lived Experience

Level of Learning - Introductory: Content suitable for general audience of attendees regardless of experience with the topic.



Session Title: Fostering community between families & law enforcement

Length + Type: 90 Minute Workshop

Presenting Organization: San Mateo County Sheriff's Office CARON Program, San Mateo County Behavioral Health Recovery Services (BHRS)

Session Abstract: When law enforcement officers are viewed as allies rather than adversaries, they can work together with immigrant communities to address local issues and build safer neighborhoods. In this session, the CARON program will share their approach to build trust with immigrant families and how the Program became a hub of information to connect community members with mental health resources and services that they desperately need.

The CARON program's goal is to ensure that the contact families have with law enforcement is a positive one. Building trust with law enforcement guarantees that the community is more likely to come forward and seek assistance; at the same time, it helps to prevent crimes by promoting communication, respect and understanding.

General Category: County Behavioral Health

Level of Learning - Introductory: Content suitable for general audience of attendees regardless of experience with the topic.



Session Title: Inclusive Trauma Treatment & Affect Regulation Strategies in San Joaquin County

Length + Type: 90 Minute Workshop

Presenting Organization: San Joaquin County Behavioral Health, Advanced Trauma Solutions

Session Abstract: Trauma Affect Regulation: Guide to Education and Therapy (TARGET) is an evidence-based practice which teaches participants the nature of trauma and chronic stress, how stress changes the brain and body's response. We will show how to use TARGET skills with youth to help them move from survival coping to emotional, mental and relational regulation. We will discuss San Joaquin County staff training, implementation goals and lessons learned. We will share stories of youth who participated in TARGET at our Juvenile Justice Center and how they responded to the interventions, including goal setting on implementation upon release.

General Category: County Behavioral Health

Level of Learning - Intermediate: Session presents more in-depth content and information. Suitable for those with some experience with the topic.



Session Title: Centering Client and Family Voice in Each Step of Data Informed Practice

Length + Type: 60 Minute Workshop

Presenting Organization: Seneca Family of Agencies

Session Abstract: Let's face it. Sometimes, "data" can feel like a dirty word. Setting goals for treatment and monitoring progress can seem disconnected from the relational focus of intervention and from the experience of the clients and families we partner with. Seneca has worked intentionally over the last few years to make data-informed practice a more humanizing, liberatory, and healing experience. Inspired by the frameworks of Healing Centered Engagement and Street Data, Seneca has developed tools and resources to ensure that client and family voice is integrated throughout each step of the process, including goal development, reflecting on progress, and guiding treatment.

General Category: CBO

Level of Learning - Intermediate: Session presents more in-depth content and information. Suitable for those with some experience with the topic.



Session Title: SB HEROs Project: Creating Hope, Empowerment, Resilience and Opportunity

Length + Type: 90 Minute Workshop

Presenting Organization: San Bernardino County Superintendent of Schools , Give Something Back, Loma Linda University

Session Abstract: In partnership with the San Bernardino County Superintendent of Schools, Homeless Education Program, one of the 20 contractors for the Homeless Innovation Program grant, Give Something Back (Give Back), a public charity, is creating a 9 series, trauma-informed curriculum that can be delivered monthly both in and outside the classroom as a targeted group intervention or intensive individualized instruction for 6th-12th graders. These activity-based, thematic lessons combine culturally relevant and differentiated instruction that focuses on reinforcement of academic success skills, positive behavioral support, and social-emotional learning standards. Specific areas of focus are mental and physical wellness, resiliency, leadership, financial literacy, healthy relationships, transition to post-secondary options, and self-advocacy. Each series of the curriculum stands alone so that transient youth can begin the series at any point without disruption. This pilot program demonstrates that a multi-tiered system of support, in combination with regular check-ins from a mentor, can result in improved campus engagement, positive peer relationships, increased graduation rates and increased completion of post-secondary training.

General Category: DEI/J

Level of Learning - Intermediate: Session presents more in-depth content and information. Suitable for those with some experience with the topic.



Session Title: Leveraging Community Schools to Prevent Homelessness for Families and their Youth (RCSD THRIVE)

Length + Type: 60 Minute Workshop

Presenting Organization: Redwood City School District

Session Abstract: RCSD's THRIVE initiative leverages community schools through community partnerships to prevent youth and family homelessness.

The presentation will highlight the development and practice of a preventative intervention model at a community school and the lessons learned from said intervention.

General Category: Multipurpose

Level of Learning - Introductory: Content suitable for general audience of attendees regardless of experience with the topic.



Session Title: Growing Our Mental Health Workforce: An Innovative Approach for Internships

Length + Type: 60 Minute Workshop

Presenting Organization: Tulare County Office of Education

Session Abstract: This presentation will focus on three innovative ways the Tulare County Office of Education has used internship/residency opportunities to impact our local public Mental Health system workforce shortages. We will discuss the development of infrastructures for sustainable internship/residency programs, funding streams to grow internship/residency programs, and creative ways to engage both employee mentors and prospective interns. Our goal is to support counties in their efforts to effectively prepare and sustain mental health professionals within their communities.

General Category: Education - K-12

Level of Learning - Advanced: Session offers discussion of strategic challenges, next practices and innovative applications. Most suitable for attendees having significant experience with the topic



Session Title: The Benefits of Peer-to-Peer Mental Health Programs

Length + Type: 90 Minute Roundtable/Panel

Presenting Organization: The Children's Partnership

Session Abstract: California has been grappling with an alarming decline in children's mental health services exacerbated by the COVID-19 pandemic. The global COVID-19 crisis hit communities of color disproportionately, with school and community closures reducing access to care and intensifying alarming mental health trends among youth, especially those for youth of color. As part of the statewide response, The Children's Partnership secured \$10 million from the state budget to deploy a peer support demonstration pilot in eight high schools, leveraging the effectiveness of culturally-responsive peer connections to address the urgent mental health needs of California's youth of color. Connection, understanding, and validation are pivotal in reducing stigma and building healing relationships within marginalized communities.

General Category: Peer/Parent Lived Experience

Level of Learning - Introductory: Content suitable for general audience of attendees regardless of experience with the topic.



Session Title: Pathways of Hope in Juvenile Justice Re-Entry

Length + Type: 90 Minute Roundtable/Panel

Presenting Organization: Orange County Health Care Agency - Children and Youth Mental Health and Recovery Services & Behavioral Health Services, Clinical Evaluation and Guidance Unit; Orange County Probation Department, Transition Unit; Project Kinship

Session Abstract: Project Kinship will open this session with 45-60 minutes of their inspirational philosophy of hope and impactful approach to working with Juvenile Justice Involved youth, particularly as it pertains to community re-entry. Use of the Peer Mentor/System Navigator/Credible Messenger, Cognitive Behavioral Treatment, and Restorative Circles are all important components of Juvenile Re-Entry. This mini-presentation will be followed by a 30-45 minute round-table comprised of team members from Orange County Probation Transition Unit, Orange County Behavioral Health Clinical Evaluation and Guidance Unit, and Project Kinship who will discuss collaborative strategies for providing care for system-impacted youth, addressing mental health needs, and planning for successful transition back to the community.

General Category: County Behavioral Health

Level of Learning - Intermediate: Session presents more in-depth content and information. Suitable for those with some experience with the topic.



Session Title: Unlikely Partnerships

Length + Type: 90 Minute Workshop

Presenting Organization: Legacy Alliance Outreach

Session Abstract: Recognizing the profound influence of the family and external environment on youth mental health, our workshop addresses the critical role of the home in shaping a child's psychological well-being. We explore how dysfunctional family dynamics can hinder a youth's ability to achieve healthy mental states and the challenges in effecting change in such settings. The session highlights the transformative impact of credible messengers – individuals with lived experiences – who provide trust, connection, meaning, purpose, validation, and safety, crucial for reshaping mental health approaches. We delve into strategies for overcoming negative familial influences and fostering resilience in youth amidst modern societal pressures.

General Category: Multipurpose

Level of Learning - Introductory: Content suitable for general audience of attendees regardless of experience with the topic.



Session Title: Finding Stability Within: Nurturing Mental Health for Students Experiencing Homelessness

Length + Type: 60 Minute Roundtable/Panel

Presenting Organization: California Department of Education and Torrance Unified School District

Session Abstract: Students experiencing homelessness in our schools live with trauma daily. School is often the safest place as it provides food, friends, and trusted adults. Our panel acknowledges the profound impact of homelessness on mental health and aims to provide tailored support, resources, and strategies to address these challenges. The California Department of Education and Torrance Unified School District will highlight signs and how to recognize and identify students experiencing homelessness, their rights, and some unique innovative strategies and practices to enhance the well-being of vulnerable children, youth, and families.

General Category: Education - K-12

Level of Learning - Introductory: Content suitable for general audience of attendees regardless of experience with the topic.



Session Title: Community Meeting: Creating Safe Spaces, Safe Adults, and Belonging for Students

Length + Type: 90 Minute Workshop

Presenting Organization: Scholarship Prep Homeless Education, California Department of Education

Session Abstract: Students cannot and will not perform their best unless they feel physically, emotionally, and mentally safe. Schools, organizations, and individuals can ensure youth are at their best by implementing consistent Community Meeting protocols. Our Community Meeting is a structure that includes threshold greetings, daily SEL check-in activities, classroom resource centers, and a weekly universal screener. Implementation of this program has resulted in reduced discipline issues, increased academic achievement, improved attendance, higher senses of belonging, and improved staff satisfaction for our students, especially those experiencing homelessness or those in the foster care system. Come learn how we have done it!

General Category: Multipurpose

Level of Learning - Intermediate: Session presents more in-depth content and information. Suitable for those with some experience with the topic.



Session Title: Lawmakers of Today: Galvanizing Youth Leadership in Adolescent Mental Health Policy

Length + Type: 60 Minute Roundtable/Panel

Presenting Organization: Youth Power Project

Session Abstract: Despite being a core constituency in public policy, youth hold limited decision-making power. Simultaneously, without considering young people's current experiences, decisionmakers miss vital insights and opportunities to ensure that their policymaking is accurate and effective. So often, youth are excluded from meaningfully contributing to or informing healthcare systems that have failed them. Our panel seeks to bring together allies dedicated to advancing youth leadership in the mental health policy space, presenting ongoing gaps in representation, exploring successes in youth leadership, and cultivating strategies to better engage impacted youth in brainstorming, devising, and supporting local, state, and federal programs and policy.

General Category: Advocacy/Policy

Level of Learning - Introductory: Content suitable for general audience of attendees regardless of experience with the topic.



Session Title: Tackling our Youth Mental Health Crisis

Length + Type: 90 Minute Workshop

Presenting Organization: Rady Children's Hospital - San Diego, Transforming Mental Health

Session Abstract: Rady Children's Hospital – San Diego and its primary care network partners have implemented an innovative whole child approach to mental health through primary care mental health integration that provides early identification and proactive intervention that has reduced depression and anxiety among children and adolescents by 62% and 44%, respectively. Leveraging a population health approach, our program focuses on same day access, a collaborative team-based medical home, and implementing goals-focused, evidence-based treatment through a short-term model that is more effective and responsive than care as usual and focuses on measurement-based care and workforce development. In addition, the provision of mental health in primary care normalizes the conversation. In this presentation, the speakers will discuss integrated care model implementation steps, outcomes, and patient advocacy. Preliminary data shows this health model has achieved a significant reduction in depression among patients with moderate to severe depression while simultaneously maintaining high patient and primary care provider satisfaction. A discussion about advocacy for value-based care will also be emphasized.

General Category: Multipurpose

Level of Learning - Intermediate: Session presents more in-depth content and information. Suitable for those with some experience with the topic.